



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Zander, Frank

Number: 1599

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 51:04

Speed: 11.75 km/h

Running performance: 5:07 min/km

Rank in course/Total: 294 (of 637)

Rank in course/Men: 267 (of 493)

Best time in course: 31:35

Rank in category: 53(of 103)

Best time in the category: 41:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde Langstrec	2.00	9:35	4:47	28	1:39	191	3:18	2.00	9:35	4:47	91		435	3:18	
Runde Langstrec	2.00	10:07	5:03	52	1:50	269	3:44	4.00	19:42	4:55	91		435	7:02	
Runde Langstrec	2.00	10:17	5:08	57	1:50	278	3:49	6.00	29:59	4:59	90		434	10:51	
Runde Langstrec	2.00	10:32	5:15	64	2:01	300	4:08	8.00	40:31	5:03	90		430	14:59	
Leichtathletikhal	2.00	10:33	5:16	67	2:20	332	4:30	10.00	51:04	5:06	53	9:32	267	19:29	